

TRIP START DATES

2023	2024
MAY 17, 24, 31	MAY 15, 22, 29
JUN 07, 14, 21, 28	JUN 12, 19, 26
JUL 11, 18, 25	JUL 03, 09, 16, 23
AUG 05, 12, 30	AUG 03, 17
SEP 06, 13	SEP 04, 11, 18

For full dates and prices, and to choose your group size, visit insightvacations.com/qralberta

 DISCOVERY JOURNEY
ACTIVITY LEVEL: **DYNAMIC**

8 DAYS
1 COUNTRY
11 MEALS
7 INCLUDED EXPERIENCES

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GUEST REVIEW ★★★★★

MAKE TRAVEL MATTER®

Banff: Join a First Nations Cree Iroquois Local Expert and take a walk in the Boreal forest. Learn how their ancestors survived off the land and used the plants as medicines. Listen to amazing stories about First Nations culture and their relationship with local nature and wildlife.

INSIGHT EXPERIENCE

Icefields Parkway: Take a seat in a specially designed Ice Explorer for a visit onto the Athabasca Glacier before other travelers arrive. Follow your Local Expert as you stroll on its icy surface and experience the enormous glaciers up close.

INSIGHT CHOICE

Lake Louise: Explore Lake Louise with Insight Choice. Choose to take the sightseeing gondola and embark on a gentle self-guided hike offering stunning views of the nearby peaks and glaciers. Alternatively, enjoy a relaxed lakeside stroll with your Tour Director through the inspiring scenery and with a canvas and paints, create your own work of art.

TOP RATED HIGHLIGHT

Kamloops: Relish in the relaxing journey through the most spectacular scenery in North America, aboard the world's leading luxury rail experience.

SPECTACULAR ROCKIES AND GLACIERS OF ALBERTA

WITH ROCKY MOUNTAINEER OPTION

Take a spectacular guided tour to the Rocky Mountains and witness Alberta's breath-taking wilderness. Discover the natural wonders of Banff National Park, the grand Columbia Icefield as well as the Jasper National Park. Glorious views, beautiful scenery, warm hospitality, and outstanding activities ensure a sensational trip to one of the most beautiful corners of the world.



LAKE LOUISE GONDOLA



ATHABASCA GLACIER



DAY 1 WELCOME TO BANFF

After your arrival at Calgary Airport, your stay at a historic mountain resort in Banff awaits. Built in the distinctive Canadian Château style, it is one of the earliest examples of the country's grand railway hotels. Tonight, join your Travel Director and fellow travelers for a Welcome Dinner. (DW)

Fairmont Banff Springs.

DAY 2 EXPLORING BANFF

Connect with nature as you join this memorable MAKE TRAVEL MATTER® Experience with a First Nations Cree Iroquois Local Expert. Here you'll discover First Nations culture, such as how plants and animals like bears hold great significance. This authentic dive into the First Nations Cree community is not only enlightening but also helps assure the sustainability of the community and culture. You'll embark on a guided walk in the Boreal Forest and discover the Indigenous world of plant medicines. Learn about the historical and modern day uses of plants and listen to fascinating stories about the First Nations. The afternoon is yours to explore Banff at your leisure or book into an enjoyable optional experience. (B)

DAY 3 A TRIP TO LAKE LOUISE

Relaxed Start. Explore Lake Louise with Insight Choice. Choose a journey on the sightseeing gondola and look out for local wildlife as you enjoy a self-guided hike surrounded by panoramic views. Alternatively, join your Travel Director for a relaxed stroll along iconic Lake Louise and put paint to canvas to create your own masterpiece.

Indulge in a delicious lunch at Chateau Lake Louise, a national treasure and historical landmark before returning to Banff and enjoying the rest of your day at leisure. (B) (L)

DAY 4 LAKES, MOUNTAINS AND GLACIERS

Relaxed Start.

Start your day with a visit to the glacier-fed Moraine Lake in the Valley of the Ten Peaks. Take a moment to absorb the view of the stunning turquoise lake hidden among steep mountains, waterfalls, and rock piles. Your journey continues through the

Icefields Parkway, one of the most beautiful drives on the planet. Admire the dramatic scenery of the Rockies with plenty of photo opportunities. Later, a warm welcome greets you at the country's first and only glacier-view resort. Before dinner, take advantage of the long daylight hours and set out for a private, after-hours visit to the Columbia Icefield Skywalk, a glass-floored walkway above the Sunwapta Valley.

After your exclusive Skywalk visit, indulge in a delicious, Canadian inspired, locally sourced dinner, sip cocktails and marvel at the spectacular glacier views that wrap the restaurant.

Once night falls, step out on your hotels viewing deck and take the opportunity to stargaze undisturbed by light pollution or relax with a drink at the library, or hang out inside the Moraine Lounge with games and live entertainment. (B) (DW)

Glacier View Lodge

DAY 5 GLACIER ADVENTURE

Relaxed Start. Before other travelers arrive, venture onto the Athabasca Glacier in a massive Ice Explorer for your special, before-hours visit. Join your Local Expert and walk on the frozen flow of ice. Discover the beauty and immensity of the glacier as you learn about the history and geology of the region. Continue along the magnificent Icefields Parkway and arrive at Jasper National Park with its soothing mineral hot springs, colourful meadows and majestic mountains. (B)

Forest Park Hotel, Jasper National Park

DAY 6 EXPLORING JASPER

Relaxed Start. Enjoy a relaxed start this morning or join the fun and experience an optional, scenic float trip down the Athabasca River, a designated Canadian Heritage River. A National Park licensed guide will provide commentary on the human and natural history of Jasper while navigating you along the same route used by the "fur traders" over two centuries ago. Don't worry the guides do all the rowing; you sit back and enjoy while exploring all the spectacular scenery. There is always a chance of seeing various wildlife including elk, deer, moose, coyotes, wolves, eagles, ospreys, mountain sheep

and bears. For a more heart-pumping morning, join an optional Class II rapids trip. Join your Travel Director on an informative walk on the Maligne Canyon, the deepest gorge in Jasper National Park. As you tour across the crystal waters of magical Maligne Lake, fed by the glaciers of Jasper National Park and glide past the jagged mountain peaks you'll discover why it's been declared the "Best Boat Cruise in Canada." (B)

DAY 7 RELAXING IN KANANASKIS

Relaxed Start.

Enjoy a relaxed start this morning followed by a scenic drive down to Kananaskis, often kept as a secret mountain sanctuary for locals, away from the masses that visit neighboring Banff National Park. Enjoy the afternoon to yourself to discover the local trails surrounding your upscale hotel nestled in the wilderness, or head to the Nordic Spa located steps away from the lodge.

Tonight, come together with your fellow travellers for a festive Celebration Dinner and toast to your wonderful trip in the Canadian Rockies. (B) (DW)

Kananaskis Mountain Lodge, Autograph Collection

DAY 8 DEPART CALGARY OR BOARD THE ROCKY MOUNTAINEER

In the morning you will be transferred to Banff from Kananaskis to board the Rocky Mountaineer. Whether you choose SilverLeaf Service or GoldLeaf Service, prepare for spectacular views and flavourful food—a celebration for the senses. You will see a spectacular array of scenery as you travel across ranchlands, along rocky lakeshores, over high mountain passes and through the remarkable tunnels that form part of the rich rail history of the Canadian Rockies. Overnight in Kamloops. (B) (L)

Assigned by Rocky Mountaineer, Kamloops

ROCKY MOUNTAINEER OPTION


DAY 9 CONTINUE YOUR ROCKY MOUNTAINEER JOURNEY


Depart Kamloops this morning and continue your journey on the Rocky Mountaineer to the coastal city of Vancouver, in the heart of British Columbia's interior. As you travel along you will see dramatic changes in scenery, from the desert-like environment of the British Columbia interior, the lush green fields of the Fraser Valley, and forests and winding river canyons surrounded by the peaks of the Coast and Cascade Mountains. Highlights include the rushing waters of Hell's Gate in the Fraser Canyon and the steep slopes and rock sheds along the Thompson River. On arrival in Vancouver you will bid farewell to this incredible experience and make your way to the airport independently for your flight home, or alternatively choose to extend your stay in this exciting city. The train will arrive Vancouver between 6:30 pm - 8:30 pm. (B) (L)

KEY

 Join/Leave Options

 UNESCO Heritage Site

 Central Hotels + Nights

 Scenic Hotels + Nights

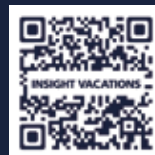
 Place Visited

 Train for Option

 Trip Options

CHOOSE YOUR GROUP SIZE

This trip operates both classic and small group departures. You can also book your own private group with as few as 12 travelers.



Use the camera on your smart phone to view the full details of this trip on our website.